

Words Are Powerful Mentoring Conversation Sheet

Conversation Questions

1. What was the song telling you?
2. In what ways can negative words hurt you?
3. Are there any people in your life that speak negative?
4. In what ways are they speaking negative?
5. Are there ways that you can separate yourself from this negativity? How?
6. Do you struggle with negative thoughts? What are these negative thoughts? (fear, self-doubt, worry, low self-esteem, etc.)
7. Where are these negative thoughts coming from?
8. How can negative thoughts enter your mind from media sources (Social Media, TV, Movies, Music, Videos, Books, Magazines)?
9. Are there any people on your social media that you need to “unfriend” or stop following? Is there any music you need to stop listening to? Is there anything you need to stop reading or watching?
10. How can you fill your mind and heart with positive words and positive thoughts?
11. What should you be saying to yourself about your hopes, dreams and your future?
12. What should you be saying about yourself (who you are and how special you are)?
13. What should you be saying to yourself about the challenges that you are facing now?
14. If you speak positive words to yourself and surround yourself with positive speaking people, how will this affect your life?